



Shanmugavalli

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – October 2024
III - SEMESTER

Class : II BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDE3A DSE-III- Sports Medicine Physiotherapy and Rehabilitation

Course Outcomes:

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation
3. Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.
5. Analyze data in a motor learning, exercise physiology, or other sports medicine lab settings

Part-A

6x1=6

Choose the correct answer

1. Laceration relates to
a. Injury b. Exercise c. Wounds d. Medicine CO2K2
2. An Inflammatory reaction within a bursa is
a. Cellulites b. Contusion c. Bursitis d. Dislocation CO1K2
3. What are the components of ABCs in CPR?
a. Airway,beating, compression b. Airway breathing,compression
c. Asystole, beating,compression d. Airway,breathing,circulation CO2K3
4. What injury is common in racket sports?
a. Hernia b.Tennis elbow c. Head injury d Broken toe CO3K3
5. Athletic training is
a. Specialization in sports medicine b. Prevention of Sport injuries
c. Sports and Society d All the above CO3K3
6. What degree classification of ligament sprain involves a complete tear of the tissue?
a. First degree b. Second degree c. Third degree d. Fourth degree CO3K3

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Sports Medicine and explain its importance CO2K2
(or)
7. b. Write about Tennis Elbow CO2K2
8. a. What are the causes of sports injuries CO2K2
(or)
8. b Describe the different types of Bandages CO3K3
9. a Explain in detail about the contusion and its First Aid treatment CO3K3
(or)
9. b Write about signs and symptoms of Dislocation and its First Aid treatment CO3K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the Guiding principles of physiotherapy CO2K2
(or)
- 10.b. Briefly explain about the acute and chronic injuries CO2K2
11. a. Elucidate the Prevention of injuries in Sports CO2K2
(or)
- 11.b. Write about the Open wounds and its types CO2K2
12. a. Define sprain, strain and explain its signs symptoms and its treatment CO2K2
(or)
- 12 b Enumerate the different types of dislocation and its treatment CO2K2

No. of Copies: 25

Staff in-charge: Dr.T. Shanmugavalli

Mrs.V.Preethi